

# Energy Intelligence

## By Dr. Merryn Thomae

Are you feeling burnt out, tired or exhausted, uninspired?  
Do you feel an inner restlessness?  
A longing for change and a new direction?

Firstly, you are not alone and there are plenty of resources to help you to redesign your current life and live a life you love.

This burn out and inner restlessness is actually a gift – It's your intuition, your guide and your motivation for moving forward. It will rise up whenever you feel "stuck" or when you've reached a plateau state in any situation.

If you ignore it and try to suppress it, it will generally find its own release, often to your detriment.

However, if you harness it and use it to your advantage, it can lead you to amazing new opportunities, achievements and untold fulfilment.

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### Part One: Determining Your Values

Dr. De Martini's 13 Questions to help you to determine your values can be found here:

[https://drdemartini.com/icampaign/Values\\_icampaign.pdf](https://drdemartini.com/icampaign/Values_icampaign.pdf)

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### Part Two: Twelve Steps to healing Burnout:

#### Step One – Taking Stock:

- Write down all the things you're really good at.
- If you're unsure, ask those close to you to tell you what they think you're great at.
- Write down all the skills you have (even those that you may have learnt years ago like tying survival knots or lighting a fire!)

The following list of categories might be a good start – Feel free to modify these & to add your own:

- Health & Wellness (Mind, Body, Spirit)
- Work
- Intimate Relationships
- Family relationships
- Friendships
- Leisure time
- Environment / location
- Creative Pursuits & Interests

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### Step Two – Identify Your “Highs”:

- When were you happiest?
- When / why / doing what / who with?
  
- When did you feel like you'd really achieved something good / fulfilled?
- When / why / doing what / who with?

### Step Three – Identify Your Why's:

The best exercises I've found to answer this question are the “5 Whys” (developed by Sakichi Toyoda [https://en.wikipedia.org/wiki/5\\_Whys](https://en.wikipedia.org/wiki/5_Whys) and the “7 Levels Deep Exercise” provided by Dean Graziosi here:

<https://www.dropbox.com/sh/dhm7o5d8xmf3w5d/AADDHzgbl-gbAZ6A995SFOa?dl=0&preview=7Levels.pdf>

This series of questions allows you to find your true motivations and the real reasons behind your restlessness. This can be quite an emotional, revealing exercise and you may wish to have a loved one or close friend support you through the questioning process. The exercise can sometimes be made more powerful if you have someone with high level communication skills asking you the questions and modifying them based on your responses.

Try asking a question for each area of your life that you're feeling uncertain about. (Refer to the list of categories you're using that were introduced in Step One above.)

#### a) Work – Example Question

Why is it important for you to be successful in your work?

Use your answer above to complete the 2<sup>nd</sup> question: Why is \_\_\_\_\_ important to you? Or Why is it important for you to \_\_\_\_\_ ?

Use your answer above to complete the 3<sup>rd</sup> Why question: Why is \_\_\_\_\_ important to you? Or Why is it important for you to \_\_\_\_\_ ?

Use your answer above to complete the 4<sup>th</sup> to 7<sup>th</sup> Why questions.

#### b) Intimate Relationships – Example Question

What is important to you when it comes to an intimate relationship?

Use your answer above to complete the 2<sup>nd</sup> question: Why is \_\_\_\_\_ important to you? Or Why is it important for you to \_\_\_\_\_ ?

Repeat for the 3<sup>rd</sup> to 7<sup>th</sup> questions.

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Identify Your Why's contd.

c) Family Relationships – Example Question

What is important to you when it comes to your family relationships (perhaps insert “relationship with your children” / siblings / parents etc)?

Use your answer above to complete the 2<sup>nd</sup> question: Why is \_\_\_\_\_ important to you? Or Why is it important for you to \_\_\_\_\_ ?

Repeat for the 3<sup>rd</sup> to 7<sup>th</sup> questions.

d) Friendships – Example Question

What is important to you when it comes to your friendships?

Use your answer above to complete the 2<sup>nd</sup> question: Why is \_\_\_\_\_ important to you? Or Why is it important for you to \_\_\_\_\_ ?

Repeat for the 3<sup>rd</sup> to 7<sup>th</sup> questions.

e) Leisure Time – Example Question

What is important to you when it comes to your leisure time?

Use your answer above to complete the 2<sup>nd</sup> question: Why is \_\_\_\_\_ important to you? Or Why is it important for you to \_\_\_\_\_ ?

Repeat for the 3<sup>rd</sup> to 7<sup>th</sup> questions.

f) Environment / Location – Example Question

What is important to you when it comes to where you live?

Use your answer above to complete the 2<sup>nd</sup> question: Why is \_\_\_\_\_ important to you? Or Why is it important for you to \_\_\_\_\_ ?

Repeat for the 3<sup>rd</sup> to 7<sup>th</sup> questions

### Step Four – Simplify Everything:

- Take a close look at your daily routines – How can your days be made easier?
- Consider re-prioritising every aspect of your life. (You may wish to use your list of categories here to guide you):
  - Work out which regular activities in each of the categories are “must dos” based on your own values and the benefits to you / your loved ones
  - Then look at those activities that are “beneficial but not must-dos” and those that are “dispensable”. (Feel free to come up with your own classification for these.)
  - Then, look at the “must-dos” and “beneficial” activities. Work out which ones take a lot of effort or time – Is there some way to make these “easy” or less burdensome?
  - Could they be arranged at a location closer to home or work?

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- Could someone else help?
- Can you outsource any tasks? (Especially those that you find overwhelming or stressful.)  
Consider asking friends and family to help or employing a Virtual Assistant, using Airtasker.com, Freelancer.com or similar services? How about a cleaner or gardener? You can also consider bartering / trading your own services for those of others.
- Can you simplify your wardrobe? For example, organise your clothing / shoes / accessories into “work clothes” and “play clothes” or a “uniform” of sorts?
- Even just de-cluttering and / or down-sizing your possessions can go a long way to simplifying your life. There are some fantastic online, print and audio-visual resources for getting started with this (e.g. Marie Kondō’s book [The Life Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing](#), Joshua Becker’s online articles [Becoming Minimalist](#) and the film, [Minimalism - A Documentary About The Important Things](#)).

### Step Five - Schedule Fun:

- Write down every activity you’ve ever found fun and then find a way to lock as many of them as you can into your schedule.
- Scheduling them makes them happen!
- For inspiration, check out Charlie Hoen’s resources here:
  - TedX Talk  
<https://www.youtube.com/watch?v=uMP8h7fPpoY>
  - Book: Play It Away  
<https://www.amazon.com/Play-It-Away-Workaholics-Anxiety/dp/0615918174>

### Step Six – Start Your Life Redesign Process:

- Write down what your ideal life looks like in every one of your life categories
- Be specific – Write down everything you can think of for each category
- For example:
  - What does your ideal work design look like?
  - Where are you working?
  - Geographical location(s); what type of environment – indoors, outdoors?
  - Who are you working with & how are you working – individually, in a team?
  - What does your schedule look like (days, hours, breaks, holidays)?
  - What work are you doing & why? How does it fulfil you?

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### **Step Seven – Plan Small Action Steps:**

This is the crucial step in your life redirection.

Break your life redesign down in to small steps. Again, use your categories list to guide you. Write down an Action Plan consisting of small, easy steps for each item.

For Example:

- Start a job search
- Incorporate one small change in your current daily schedule
- If you want to write creatively, start by writing one sentence a day every day.
- If you want to eat healthier meals, change what you eat for one meal e.g. lunch
- If you want to improve your fitness, add in a short walk in to your day

### **Step Eight – Prioritise:**

Give each planned step in each category a priority.

Choose your preferred terminology e.g. Priority 1,2,3 or High Priority / medium / low

### **Step Nine – Action Plan Deadlines:**

Give each planned step in each category a deadline.

- a) Actions to take now / today
- b) Actions to take tomorrow
- c) Actions to take within 7 days
- d) Actions to take within 30 days
- e) Actions to take within 90 days
  
- f) Actions to take within 12 months
- g) Actions to take within 2 years
- h) Actions to take within 5 years
- i) Actions to take within 10 years

### **Step Ten – Action Plan Accountability:**

Decide on an accountability model for your action plan:

\*Who are you going to tell about your plans?

(Will you tell them in person, by phone, by email?)

\*Who are you going to check in with regularly to update them on your progress?

How? See above.

\*Make a firm schedule for these updates so that you don't miss them e.g. every Wednesday at 7pm.

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### Step Eleven - Evaluate:

Your life redesign may take some time to take shape and you may have to change directions a few times in order to create the outcome you had envisaged. This is absolutely part of the journey and it's a good idea to regularly evaluate and reassess your plans.

Redefine your outcomes if need be – improvise, adapt and overcome.

### Step Twelve - Celebrate:

Commit to moving forward even if you are taking small steps or if you are in a necessary waiting or holding pattern.

Accept any waiting periods and trust in their outcomes – Keep yourself occupied though even if it's with some research or a side action item so that you don't lose momentum.

Believe in yourself and the amazing future you are creating.

Keep a record of your progress.

Write down every positive achievement on your new journey, no matter how small!

Record any challenges and their associated solutions / strategies / go-arounds / end points

Celebrate every accomplishment you make in following your action plan no matter how small. Give some thought to how you'd like to reward yourself – It might be a meal out with a friend / loved one or a movie night. Choose something you love to do!

### Realise your dreams one step at a time!

Wishing you every success in creating an amazing life,  
Merryn Thomae

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**Additional resources can be found here:**

<https://merrynthomae.net/blog/>

<https://www.amazon.com/Redirection-Step-Program-Empowered-Change-ebook/dp/B0759CPF2P>

Simon Sinek: <https://startwithwhy.com>

### **Suggested Reading:**

\*The Great Life Redesign: Change How You Work, Live How You Dream And Make It Happen ... Today By Caroline Cameron

\*By The 4 Hour Work Week: Escape 9-5, Live Anywhere And Join The New Rich by Tim Ferriss

\*Living Forward: A Proven Plan to Stop Drifting And Get The Life You Want by Michael Hyatt, Daniel Harkavy

\*Awaken The Giant Within by Anthony Robbins

\*The Art of Possibility: Transforming Professional and Personal Life by Rosamund Stone Zander, Benjamin Zander

\*Play It Away: A Workaholic's Cure For Anxiety by Charlie Hoehn

\*Finding Your Passion by Cheryl Richardson

\*Vagabonding: An Uncommon Guide to the Art of Long-Term World Travel by Rolf Potts

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Quotes

Lifestyle Redesign:

Reframing stress

Belief system – makes me stronger, doesn't hurt me (Ted Talk Kelly McG)

Excitement & opportunity

Power poses

Alter egos

**Manage energy**

Set intention / the why

Perspective

Star gazing / star therapy

Embrace the suck

David Goggins et al

Redesign

Simplicity

Choice & what would it look like if it were easy

Sleep Strategies

Rethinking sleep

Eating Plans

Cycling

Cheat Days

Exercise Strategies

Let go of the things you don't need wanting and chasing what you don't need

Then appreciate what you have and it will grow

What you appreciate appreciates

What you focus on expands

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Real

Prosperity lives in sharing, giving, nurturing

Give to the world what you want to receive from the world.

Trust that you are right where you're supposed to be

Acceptance and gratitude

Don't resist, surrender

SWAY

Take a step toward your next wish / dream

Ask what the lesson is

Learn the lessons

The now

Inner and outer purpose

Your heart knows the way

Set intention

Reset

How you make people feel

Energy giving

Teaching

Healing

Compassion

Listening